

**ABSTRACT OF THE DISCLOSURE**

An apparatus and method for providing indications of items such as a television program or programs watched by user, television program or programs to be watched by the user, an activity or activities in which the user has participated, and an activity or activities the user is scheduled to participated. The apparatus comprises an input device which obtains information regarding at least one of a television program or programs watched by the user, television program or programs to be watched by the user, an activity or activities in which the user has participated, and an activity or activities the user is scheduled to participated; a processor arranged to receive the obtained information which produces a program/activity signal representative of each television program or activity arranged in a predetermined manner; and an output interface which enables the program/activity signal to be supplied to at least one television unit located at a location remote from the apparatus so as to enable an indication of each the television program and activity to be displayed thereon in the predetermined manner.